

Light and Creamy Onion Dip

Makes: 6 Servings

This recipe uses fresh red onion. Since they are mild in flavor, red onions are often also used raw in fresh salads, dips, and sandwiches.

Ingredients

2 cups red onions (finely chopped)
1 tablespoon vegetable oil
1 teaspoon paprika
1 cup fat-free sour cream
black pepper (to taste)

Directions

1. In a skillet, cook onions in oil over medium heat for about 3 minutes or until just tender.
2. Stir in paprika.
3. In a bowl, mix together the cooked onions and sour cream.
4. Add pepper to taste.
5. Cover and chill in the refrigerator for about 1 hour.

Recipe adapted from National Onion Association

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	70	
Total Fat	2.5 g	
Protein	2 g	
Carbohydrates	11 g	
Dietary Fiber	1 g	
Saturated Fat	0 g	
Sodium	55 mg	